



Town Hall Forum

Lessons Learned from A Caregiver's Journey

**A free educational seminar for family caregivers
featuring Alzheimer's care experts.**

Memory loss resulting from Alzheimer's disease and related dementias has a profound impact on the family. Join us for a morning session with Alzheimer's disease experts and learn how to empower and prepare yourself and your loved one.

When: Thursday, September 22, 2016
8:30 am to 11:00 am
Continental Breakfast: 8:30 am

Where: Bonita Golf Course
5540 Sweetwater Road
Bonita CA 91902
**See directions on reverse side*

Topics: Hear from a family caregiver that will provide a personal account of caring for a loved one affected by Alzheimer's disease. Learn practical tips from an expert and how to care for yourself while providing appropriate care and stimulation for your loved one at home.

Speakers: Alford Claiborne - *Family Caregiver*
Dawn DeStefani, BSW - *ActivCare Executive Director*

Cost: This is a **free** educational event for family caregivers

RSVP: Reservations are required. Call 888-636-5677 or log onto activcareliving.com.

To RSVP, please log onto **ActivCareLiving.com**
or call ActivCare at **1-888-MEM-LOSS**



Presented by:


ActivCare®
Residential Memory Care


Southern Caregiver Resource Center
Caring for those who care for others


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ActivCare at Rolling Hills Ranch
Call (619) 365-8197 to learn more.


ActivCare®
At
Rolling Hills Ranch
Residential Memory Care

Directions to Bonita Golf Course

From I-805: Go East on Highway 54, exit at Briarwood Road. Turn right and continue down the hill until the T intersection. Turn left on Sweetwater Road. The Bonita Golf Course is located on the right at 5540 Sweetwater Road.

From Highway 125: Take Highway 125 to Highway 54 and head west. Exit Briarwood Road and turn left. Go straight down the hill until the T intersection. Turn left on Sweetwater Road. The Bonita Golf Course is located on the right at 5540 Sweetwater Road.

ActivCare Residential Memory Care
9619 Chesapeake Dr., Ste 103
San Diego, CA 92123

Know someone with Alzheimer's?
We can help!